

Risks of Activities Daily Living Related Disabilities

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ABSTRACT

Indonesian lost an average of 6 days productive time because disability of daily activities, that must be dealt with seriously because the effect of this problem is the declining quality of life of a person and will also result in a country's burden. This research is expected to be the key to understanding and overcoming the problems of disability in daily activities. The research using cross sectional design with a secondary databased The Indonesian Family Life Survey (IFLS) 5. The analysis in this study is logistic regression with samples aged >40 years who participated in data collection conducted by RAND with a total of 8185 respondents. Almost all variables examined in this study were statistically significant with disabilities, there are age ($p = 0,000$, $OR = 2,996$, $95\%CI = 2,726 - 3,294$), gender ($p = 0,000$, $OR = 1,858$, $95\%CI = 1,693 - 2,039$), marital status ($p = 0,000$, $OR = 2,211$, $95\%CI = 1,997 - 2,448$), employment status ($p = 0,000$, $OR = 2,540$, $95\%CI = 2,321 - 2,780$), arthritis status ($p = 0,000$, $OR = 1,687$, $95\%CI = 1,482 - 1,919$) and obesity ($p = 0,000$, $OR = 1,345$, $95\%CI = 1,177 - 1,538$). Only variable educational level not significant with disabilities ($p = 0,198$). The target of disability management is prioritized at an older age by providing health education and assistance so that they can withstand the threat of daily disability and lead to an improvement in their quality of life.

INTRODUCTION

One of the consequences the people with disabilities is a decrease in the quality of life. Its happened in developed and developing countries.¹ Disability is a big term used for situations such as having limited physical activity, impaired physical function, and limited social participation. More than billions of people are estimated to suffer various types of disabilities or around 15% of the world's population.² In developing countries, disability needs to be one of the concerns because it has the effect of poverty and the decline in the quality of life of a person which will also result in a country's burden.³

Disability related to chronic disease conditions and aging.² Several studies have linked limitations or disabilities related to activities of daily living with several diseases such as diabetes and heart failure, stroke, arthritis, and disorders such as cognitive and visual impairment.⁴ A study in United States was conducted and showed results arthritis is the main cause of disability activities of daily living.⁴ Its been known, arthritis is a major cause of limitation of physical movement, because arthritis causes pain, stiffness and joint deformity, this all lead to limited mobility and result in a person not being able to carry out daily activities (activities daily living).⁵

More than one billion people or about 15% of the world's population are estimated to live with some form disability. Between one hundred and ten million (2,2%) to one hundred and ninety million (3,8%) people aged 15 years and over have difficulty in functioning. Arthritis is a non-communicable disease condition that is a major cause of disability in several countries.²

Based on the Republic of Indonesia's basic health research in 2018, the age of 40 years and over dominates the disability proportion of 73.7%, this needs to be a serious concern considering the effect of disability of daily activities is its impact on the Indonesian economic sector and lost an average of 6 days of productive time.^{6,7} This proves that as a developing country, Indonesia also feels the problem due to disability. Many factors cause disability or limitations, such as age, sex, marital status, education level, employment status, smoking habits and health conditions such as arthritis and obesity.⁸

IFLS 5 or The Indonesian Family Life Survey 5, which was initiated by RAND [RAND is a research organization engaged in the development of solutions and public policies], is a longitudinal study since 1993 at the individual and household level.⁹ Longitudinal studies conducted by RAND Corporation are individual observation methods from time to time that have been conducted from 1993 to 2014 with a total of 5 surveys namely (IFLS 1, IFLS 2, IFLS 3, IFLS 4 and IFLS 5). The focus of data collection by IFLS is not only limited to health such as infectious and non-communicable diseases but also looks at the economic side such as family income and others. This has made all the risk factors discussed in this study have been successfully identified through the 2014 IFLS 5 survey.^{8,10} This study aims to find out what factors are associated with daily disability events.

MATERIAL AND METHOD

This study uses secondary data collected by RAND as the Indonesian Family Life Survey

(IFLS). IFLS is a collaboration of RAND and Survey Meter which conducted a longitudinal survey in Indonesia with Sampling frame research based 1993 SUSENAS. The survey not only collected data on individuals, their families, members of their households, the communities in which they lived and the health and education facilities they used, but also data on the economic condition of the family. IFLS has conducted 5 surveys from 1993 to 2014.¹⁰

The secondary data obtained was adjusted according to inclusion criteria such as respondents aged > 40 years, free from diabetes, COPD, hypertension, stroke, heart disease, then data cleaning was carried out to exclude incomplete data so that samples that were further analyzed in this study were 8185 respondents. This study consisted of variables independent of age, sex, marital status, education level, employment status, smoking habits and health conditions such as arthritis and obesity and the dependent variable was disability activities of daily activities day. This research analysis used SPSS software application. Multivariate analysis in the form of logical regression with standard association values is Odds Ratio used to analyze data by considering variables that affect the dependent variable so that it will display the adjusted value.¹¹

The collection of data on human subjects in the IFLS study has passed an ethical test from RAND's Human Subjects Protection Committee (RAND's Institutional Review Boards) with protocol approval number s0064-06-01-CR01.¹²

RESULTS

A total of 8185 respondents above 40 years old were included in the criteria of this study, as explained in table I that around 41.90% of respondents experienced limitations in carrying out daily activities. The average age of respondents in this study was 55.90 years, with the highest age category in the age group 40-59 years. In the table 1, also found information that the respondents in this study were most women (62.20%) and more were those who were married (75.10%), poorly educated (91.10%), employed (55.40%), did not smoke (73.10%). Based on the measurement of health status, respondents who did not experience arthritis as much (86.90%) and were not obese as much (88.00%).

Table 2 shows the results of the chi-square analysis of the relationship between age, sex, marital status, education level, employment status, smoking habits, health conditions such as arthritis, obesity and the disability events of daily living activities. From the statistical results it can be seen that there are several variables that have a significant relationship such as the age variable (p value = 0,000, OR 2,996; 95% CI 2,726 - 3,294), gender (p value = 0,000, OR 1,858; 95% CI 1,693 - 2,039), marital status (p value = 0,000, OR 2,211; 95% CI 1,997- 2,448), employment status (p value = 0,000, OR 2,540; 95% CI 2,321 - 2,780), arthritis (p value = 0,000, OR 1,687; 95% CI 1,482 - 1,919) and obesity (p value = 0,000, OR 1,345; 95% CI 1,177 - 1,538).

Table 3 shows the results of the logistic regression multivariate analysis show that age is the most influential variable on the disability events of daily living activities based on data from the Indonesian Family Life Survey 5 with the OR 2.499. The OR values obtained are adjusted ORs.

Table 1. Frequency Distribution of Research Variables

Variables	n = 8185	%
Disability Status		
Experiencing disability	3432	41.90
Not Experiencing disability	4753	58.10
Age (Mean)	55.90	
Age (Year)		
≥ 60	2774	33.90
40 - 59	5411	66.10
Gender		

Female	5092	62.20
Male	3093	37.80
Marital Status		
Unmarried/divorced	2036	24.90
Married	6149	75.10
Educational Level		
Low education	7458	91.10
Higher education	727	8.90
Employment Status		
Unemployed	3654	44.60
Employed	4531	55.40
Smoking Habits		
Smoking	2199	26.90
Not smoking	5986	73.10
Arthritis Status		
Suffering from arthritis	1070	13.10
Not suffering from arthritis	7115	86.90
Obesity		
Obesity (IMT ≥ 30)	980	12.00
Not Obese (IMT < 30)	7205	88.00

Source: IFLS 5, 2014

Table 2. Relationship Between Age, Sex, Marital Status, Educational Level, Employment Status, Smoking Habits, Arthritis and Obesity

Variable	Disability Status				p-value	OR value (95%CI)
	Experiencing disability		Not experiencing disability			
	n	%	n	%		
Age (Year)						
≥ 60	1651	59.50	1123	40.50	0.000	2.996 (2.726 - 3.294)
40 - 59	1781	32.90	3630	67.10		
Gender						
Female	2419	47.50	2673	52.50	0.000	1.858 (1.693 - 2.039)
Male	1013	32.80	2080	67.20		
Marital Status						
Unmarried/divorced	1152	56.60	884	43.4	0.000	2.211 (1.997 - 2.448)
Married	2280	37.10	3869	62.90		
Educational Level						
Low education	3144	42.20	4314	57.80	0.198	1.111 (0.951 - 1.298)
Higher Education	288	39.60	439	60.40		
Employment Status						
Unemployed	1986	54.40	1668	45.60	0.000	2.540 (2.321 - 2.780)
Employed	1446	31.90	3085	68.10		
Smoking Habit						
Smoking	720	32.70	1479	67.30	0.000	0.588 (0.530 - 0.651)
Not smoking	2712	45.30	3274	54.70		
Arthritis Status						
Suffering form arthritis	569	53.20	501	46.8	0.000	1.687 (1.482 - 1.919)
Not suffering arthritis	2863	40.20	4252	59.8		

Obesity

Obesity (IMT \geq 30)	474	48.40	506	51.60	0.000	1.345
Not Obese (IMT < 30)	2958	41.10	4247	58.90		(1.177 – 1.538)

Source: IFLS 5, 2014

Table 3. Gold Model Binary Logistic Regression Analysis On Age, Sex, Marital Status, Educational Level, Employment Status, Arthritis and Obesity To Disability Activities Daily Living

Variable	AOR	95% CI	p-value
Age (Year)			
\geq 60	2.499	2.245 – 2.782	0.000
40 – 59	Reference		
Gender			
Female	1.505	1.352 – 1.677	0.000
Male	Reference		
Marital Status			
Unmarried/divorced	1.294	1.152 – 1.455	0.000
Married	Reference		
Educational Level			
Low education	1.180	1.001 – 1.391	0.049
Higher Education	Reference		
Employment Status			
Unemployed	1.734	1.568 – 1.918	0.000
Employed	Reference		
Arthritis Status			
Suffering form arthritis	1.439	1.256 – 1.650	0.000
Not suffering arthritis	Reference		
Obesity			
Obesity (IMT \geq 30)	1.289	1.118 – 1.487	0.000
Not Obese (IMT < 30)	Reference		

Source: IFLS 5, 2014

DISCUSSION

The problem of disability of daily living activities must be one of the concerns of the Indonesian government, bearing in mind that the disability events of daily living activities in Indonesia have made the average Indonesian population lose 6-7 productive days, plus the disability prevalence based on Basic Health Research data in Indonesia of 11 %.¹³ From the results of multivariate logistic regression analysis, it was found that age, sex, marital status, education level, employment status, arthritis, and obesity

were related to disability events daily living activities.

The age variable influences the incidence of disabilities in daily activities. This is in line with Li's research which says that the incidence of disability is also related to age.¹⁴ This becomes possible because of the increase in age is directly proportional to the decline in physical, sensory and cognitive functions, it makes them more difficult to be independent because of a decrease in physical function in carrying out daily activities.¹

Apart from age, several other variables are significantly related to disability daily living activities such as gender. In general, women have a longer life expectancy so that women become very associated with health conditions such as non-communicable diseases. Things like this that make women more at risk of experiencing disability activities daily living than men.^{15 16}

Marital status is significantly related to disability events daily living activities. This is in line with Loukine's research which found that a person has a greater chance of experiencing disability in those who are divorced, or not married.¹⁷ This event is possible because a happy marriage can help someone through difficult times because of the effects of pain and also the presence of a partner who accompanies life can provide moral and social support in dealing with stress and chronic conditions.^{18 19}

Other variables related to daily living disability events are the level of education and employment status. Education and employment status are important for health. Those who are highly educated are more likely to meet their needs in improving their health because higher education is generally correlated with high personal income / economic income.²⁰

Variables that contribute to the association of events with daily living activities are arthritis. Arthritis is one of the main causes of the occurrence of limitations in one's movements, which causes a person to experience disability activities daily living.²¹ Arthritis is a disease that attacks joints, soft tissue with extreme pain is progressive and causes a person to be unable to

carry out daily activities as usual.²² The Indonesian Ministry of Health has found that arthritis is associated with the incidence of disability in the age group > 15 years.²³

Obesity was also associated with disability events in daily living activities. Obesity was found to be related to the occurrence of someone unable to carry out daily activities.²⁴ This association was due to obesity-related to many diseases, one of which is joint disease or arthritis, where arthritis is one of the main causes of a person's limited mobility.^{24 25}

This study certainly cannot be separated from limitations such as data retrieval on arthritis variables which allow for the usual information, because arthritis variables are only diagnosed based on questions that are at risk of recall bias or provide invalid information due to respondents' subjectivity which ultimately influences the outcome of the association.^{26,27} The unavailability of data on diseases such as diabetes, stroke, hypertension, heart disease, in this study is one of the limitations because as we know that arthritis and obesity are the presence of these diseases. One of the weaknesses in this study is the measurement of disability is categorized into a single unit, so it is not possible to see ADL's activities per each day's activities.

CONCLUSION AND RECOMMENDATION

Disabilities of daily living activities are generally caused by the limitations of someone's movements that can occur due to a chronic disease condition that is suffered by someone, where the risk of experiencing chronic disease is

greater because of the process of increasing age in each individual. It is time for the government and other health institutions to prevent this kind of disability. Prevention can be done by starting a health campaign to those who are at risk to start carrying out healthy living activities to be able to reduce the risk of non-communicable diseases which results in preventing disability activities for daily living.

AUTHOR CONTRIBUTIONS

Ashar Nuzulul Putra developed the theory and performed the computations. Witri Zuama Qomariana, Purwo Setyo Nugroho, Adelina Fitri verified the analytical methods. Erny Elviyany Sabaruddin, Ridho Muhammad Dhani supervised the project. All authors discussed the results and contributed to the final manuscript.

CONFLICTS OF INTEREST

The authors declare no conflict of interest or personal relationships that could have appeared the work reported in this paper.

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